

ANNUAL REPORT
MADELINE B. McCONNICO
Home Agent
Two Weeks Each Month
From July 1 to November 30, 1956

AGRICULTURAL EXTENSION SERVICE
UNIVERSITY OF ARIZONA
TUCSON

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Extension demonstrations for the period between July 1 and November 30 with few exceptions were restricted to Gila County, Arizona. The agent cooperated with Mr. Sam Armstrong, County Agent. There are five active extension clubs in the county. Mr. Armstrong helps or guides the homemakers to organize their extension program for each year. This is done at a county wide program planning meeting. This agent has not participated actively in the planning meetings. She has discussed with the homemakers their current homemaking problems as they occurred. These problems were the basis of extension demonstrations for 1957. Another group made up of Home Economics graduates meet occasionally with the agent.

The agent had other assignments in adult work as well as 4-H Club work. These assignments were in conjunction with county fairs and local leaders training program in food preparation.

ADULT WORK

Gila County

Number of circulars distributed - 773

Subject of Demonstrations

			Attendance
House Cleaning Made Easier	(5 clubs)	Sept.	98
Tailoring Techniques	(4 clubs)	Oct.	70
Short Cuts in Sewing	(1 club)	Oct.	16
Color in the Home	(4 clubs)	Nov.	62
Short cuts in Clothing	(2 clubs)	Nov.	21

House and Surroundings

House Cleaning Made Easier

Purpose of the demonstration: To help homemakers become more aware of the importance of choosing the proper cleaning agent for any given hard surface found in the home. The demonstration was limited to certain hard surfaces.

Aim: To help the women learn how to choose the proper agent.

To get the ideas across the demonstration was set up on the basis of what hard surfaces need to be cleaned. What generally soils them and how are they cleaned more easily.

The homemakers told of their own experiences in cleaning. They seemed pleased to learn of simpler methods. Also that some of the solutions which make it easier to clean can be made at home with common household supplies. At Payson, homemakers hold their extension meetings in the Woman's Club House. The floor in the room is of asphalt tile. Somehow they were never able to polish this floor to any satisfaction. There is a reason for this existing situation. Soon after the floor was laid it was accidentally flooded with water. There was plumbing trouble in the building. It was not discovered until much damage had been done to the new floor. The demonstration requires the use of many different products. The agent had on hand the very ones which could be beneficial to such a floor. Therefore a practical demonstration was presented then and there including the careful reading of labels to insure good results. First, we discussed the condition and tried to analyze what could have happened to the floor. Then the agent applied an asphalt tile floor cleaner, allowed it to dry and later applied wax made for the purpose. Of course, only a small area (36" x 45") was used for the demonstration. The dull gray tile flecked with faded rose design became bright again.

It would not be fair to the Payson homemakers if this narrative does not include the active result of the demonstration. A few homemakers volunteered as a committee to clean and wax the entire room. The room is about 20' by 40'. One member of the committee furnished the asphalt floor cleaner and another furnished the wax. All six worked hard. For the first time the floor was as it should be. They are all proud of their new floor which now seems like new.

One of the most important facts which came out of these demonstrations is that women do not always read labels. Modern living requires it. This is illustrated in buying wax. Mrs. Arthur Maurel states she bought wax and used it for all things in her home needing it. She did not read the label or description on the can. In bolder black letters there was a statement "Do not use on asphalt tile floors". Asphalt

tile floors are in all rooms except the living room which is carpeted from wall to wall. Fortunately she had not used it to the extent of causing permanent damage. How to read a label seemed important. Sometimes the warning statement is included, often it is conspicuous by its omission. The asphalt tile problem predominated.

The agent found the homemakers economy minded. They were happy to know of homemade preparations which compare favorably with some on the market.

Some of the homemade preparations included in the demonstrations were solutions or mixtures for painted walls, glass, wallpaper and wood. The agent is including some used more often.

PAINTED WALLS

These mixtures will not yellow walls that are painted white or ivory.

Mild Solution (for little soiled walls)

- 2 tablespoons mild soap powder
- 1 quart warm water
- 2 tablespoons turpentine

Mix together and stir rapidly. Apply with a sponge. Rinse with clear water.

Medium Strength Solution (for walls with considerable soil)

- 2 tablespoons mild soap powder
- 1 quart warm water
- 1 tablespoon ammonia (household)

Mix and apply as above.

Strong Solution (for walls with heavy films of grease and dirt)

- 1 cup soda solution (made by putting 1# sal soda in 1 qt. water)
- 1 cup ammonia (household)
- 1 cup vinegar
- 1 gallon water

Mix and apply as above.

Another good soap solution is made by adding 2 cups soap flakes and 1 tablespoon kerosene to 1 gallon water. Wash with even strokes. Rinse and wipe dry.

GLASS

Glass surfaces need no special expensive cleaners. A lintless cloth used with one of the following formulas will do a good job. If you wish to make a "creamy" cleaner, use the kerosene-water mixture and thicken

to a creamy consistency by adding $\frac{1}{4}$ cup whiting and 1 tablespoon soap jelly to each quart of water. The whiting prevents the soap from streaking. Use one of the following:

- 2 tablespoons kerosene to 4 quarts of warm water.
- $\frac{1}{2}$ cup denatured alcohol to 4 quarts of warm water.
- $\frac{1}{4}$ cup household ammonia to 4 quarts of warm water.

BASIC CLEANING FORMULAS

Soap Jelly

1 cup mild soap flakes

$\frac{1}{4}$ cups boiling water

Dissolve the flakes and let mixture set until jelled. This is a foundation for many cleaners.

Soap Foam

Beat the jelled soap with an egg beater or mixer until a stiff DRY lather is formed.

Note:

In using either the jelly or foam always rinse the surface carefully with softened water. Use as little water as possible in rinsing, but do the job thoroughly.

Acknowledgments: Louisiana - Cleaning Walls and Windows, H. S. #6
F. B. #1834 - House Cleaning Made Easier
New Hampshire - Slick Tricks in Cleaning, Ext.
Cir. #286
Cornell - Household Cleaning, Ext. Bulletin #790

BRUSH UP ON CLEANING

What Needs It?	What Soiled it?	How to Clean it and What to use.
<hr/>		
<u>Walls:</u> Wall Paper		
plain (non washable)	smoke grease crayola	dough cleaner solvent or Fuller's earth (French scrape it first, apply chalk) cleaning solvent-blotted and iron.

BRUSH UP ON CLEANING (Cont'd.)

<u>What Needs It?</u>	<u>What Soiled it?</u>	<u>How to Clean it and What to use.</u>
<u>Walls: Wall Paper</u>		
plain (non washable)	Ink finger prints pencil	Fuller's earth slightly moistened solvents art gum
Washable	same as above	synthetic solvent (mild) soap foam, soap jelly.
<u>Painted Walls:</u>		
Washable	same as above	turpentine, soap solution - soap and water; mild deter- gents
Enamel	same as above	go easy with abrasives; chalk types are better. Solvent + Fuller's earth. Note: Test First ("Soil-off" or "Soilax")
Rubber base paint	same as above	Detergent or mild soap
<u>Floors - general</u>		
Wood	Food spots	soap and water or detergent and water. (rinse well)
	Ink spots	bleaches - will cause some corrosion - may need re- finishing.
	Ball point ink	(on grease proof surfaces) vaseline + detergent rubbed on dry. Mop up with warm water.
Rubber and asphalt	general care	Mild soap and lukewarm water plus a little ammonia or other softener. Rinse with clear lukewarm water. Avoid - oil polishes or oil mops, liquid or paste wax, grease, gasoline, acid heat and excess of soap and water. <u>Use</u> - self-polishing wax.

BRUSH UP ON CLEANING (Cont'd.)

What Needs It?	What Soiled it?	How to Clean it and What to use.
<u>Floors</u> (Cont'd.)		
Linoleum	general care	Mild pure soap and lukewarm water or unbuilt detergent (no alkali) (Vel, Drest). Water and oil rot linoleum. Use them sparingly. Never let either stand on them. Any wax may be used sparingly - rub them in thoroughly. Damp mop waxed linoleum.
Varnished	general care	Lemon oil or olive oil and salt or treated mop. Avoid washing.
Shellaced	general care	Ruined by water. Keep them waxed. Wipe with a cloth dampened with mixture of $\frac{1}{2}$ alcohol - $\frac{1}{2}$ turpentine.
	black heels	"Beautifor" and steel wool.
	sticky floors	Caused by wax - inferior quality or too much - not properly rinsed. Floors not dry enough. Remove wax with good grade commercial wax remover or with sal soda (wear gloves) and boiling water.
	granulation on asphalt	Caused by poor wax. Never use <u>oil</u> mop on asphalt floors. Steel wool will help lift granules off of asphalt.
	white spots) water spots)	Use liquid wax - not one with water base.
	streaked wax	Denotes an alkaline condition - to remove, use 1 pint vinegar to one pail of warm water - rinse with clear water. Do not rewax until bone dry.

BRUSH UP ON CLEANING (Cont'd.)

What Needs It?	What Soiled It?	How to Clean it and What to use
<u>Floors</u> (Cont'd.)		
Shower floor	grease, soap and curd	Place stopper in position - collect water and add calgon or white king, kerosene, soap jelly and whiting, baking soda and water.
	stubborn grease	Sprinkle with washing sodium (sodium carbonate) sometimes called sal soda or washing crystals.
Cement floors	same	same
To water proof: A coating of sodium or potassium silicate (water glass)		
Woodwork - general		Jubilee wax
Counter Tops (general)	same	Same as other surfaces of similar nature.
	stains	lemon juice plus soap and water, rinse.
Tile or Brick	smoke	Sprinkle smoky surface with salt. Rub with lemon juice - scrub with brush. Flush with water.
<u>Fabrics</u>		
	grease, pencil, crayola, ink, lipstick	Plastic cleaner. Be sure to read label carefully or cleansers and waxes may contain plastic solvents. Follow manufacturer's instructions if you do not know the fabric.
Leatherette	same	Foam or soap jelly

Other results which should be mentioned:

1. In a survey of about 100 homemakers 35 said they have changed cleaning methods and 26 have changed cleaning preparations.

Mrs. Stevens made 3 gallons of cleaning solution the week after the demonstration and cleaned her entire house.

2. Two Mexican-American homemakers in the San Pedro area stated that

they were more aware of directions given on commercial products. Also they do the reading first and make the purchase afterwards.

Color in the Home

Four demonstrations were given in four communities with 62 homemakers in attendance. The subject was "Color in the Home".

Objective: To present the idea of color in the home in such a way that homemakers are encouraged to furnish their home harmoniously.

Aim: Help homemakers understand color and color combinations.
(limited because of time)

To help them realize that harmonious color harmony in their homes need not be expensive.

To encourage them to start where they are.

Have them realize it is a long time planned project.

Home agents become accustomed to having someone in a group of women who is negative towards the demonstration being presented. During the lesson - Color in the Home, one of the negative remarks was "my couch was given to me by my mother and my draperies are my sister's discard". There was no mention of color or type of fabric. She could not or did not assume that there could be or that there was harmony in her "hand me downs".

Another negative response from some one homemaker will be "we bought our house furnished and it is filled with an assortment of colors and types of fabrics." The agent has an obligation to help women with negative responses. There must be some reason for them.

In presenting the demonstration the agent aimed at helping homemakers understand color and color combination. The color wheel was reproduced or built up rather than to study one already made. In this manner homemakers participated in the discussion as the wheel developed. There were several homemakers who were interested in mixing colors. These women were helpful in reviewing the primary, secondary and intermediate colors and the neutrals. There were women who had attempted to paint rooms in their respective homes. They had also attempted to mix the paint. Some reported good results and some not so good.

Color harmony in the home need not be expensive. The agent had with her swatches of inexpensive fabrics suitable for draperies or slip covers.

Farm and ranch women have informal homes with functional furnishings. Both of these characteristics lend themselves to less

expensive furnishing if there is need for it.

The average farm or ranch women needs to be encouraged to study color harmony. She, thereby, can develop confidence in her choice of color in her entire home. With some knowledge of color she will also be encouraged to start her project by starting with what she has on hand.

Since the average farm and ranch homemaker does have a limited income she should sell herself the idea that harmonious furnishings and surroundings is a long time project. There will be periods during the project when some things will be inharmonious.

To summarize the demonstration the women went "shopping" for furnishings represented by their choice of fabric, floor covering and wall finishes. Each women or pair of women chose problems.

The hypothetical problem was to furnish any given room harmoniously.

1. Chose a starting point - bought a picture, a piece of furniture, draperies, rug etc.
2. Select all the other necessary things to go with it.

It should be explained here the shopping was made possible because Miss Grace Ryan furnished the agent with a large collection of swatches of fabrics. The demonstration was centered mainly around color. Texture was overlooked entirely. Miss Ryan also furnished pieces of rugs, cotton, wool or synthetic, and pieces of linoleum and tile.

The "shopping" served as a tool really. The members of the group had the opportunity to listen and discuss each color scheme as it was presented. Some of the schemes were selected for actual use in many instances.

Clothing

Tailoring Techniques

Some homemakers in Gila County have asked for tailoring or tailoring techniques for several years. Last fall there were enough of them who indicated a need for some work in the field of tailoring. Distances in the county hamper concentrated work on the subject. Miss Helen Church and the agent worked out a questionnaire which included the particular phases of tailoring a garment which does not necessarily occur in other types of garments. The women showed their field of interest by making a choice. The demonstrations were based on their choices which were:

1. Putting in an interfacing - type of facing depending on materials
2. Tailored hems
3. Putting in a lining - coats
 - a. using pella in a dress as interfacing and lining the skirt.
4. Skirt bands
5. Bound buttonholes and pockets
6. Better method of putting in a zipper

The purpose of the demonstrations is suggested by the list of requested techniques.

Aim: To show either by actual demonstration or by a model how to perform the techniques.

The agent demonstrated the entire lesson. There was not enough time for the homemakers to make models for themselves. There were necessary machines. Pamphlets illustrating the methods were given to the homemakers as reference material.

The agent showed them:

1. The new method of putting in a zipper.
2. How to sew twill tape by machine to the interfacing.
How to trim the interfacing.
3. How to put a lining in a coat. The agent ripped the lining out of one of her own coats. She demonstrated how to anchor the lining to the inside seam allowances of the coat and sleeves. Also how to treat the armhole seams. Each day this was ripped and made ready for the next day.
4. How to prepare a skirt band by using formite as interfacing.
5. How to make bound buttonholes, using the same method in making a pocket.
6. How to line a collar so that the underside does not show.
7. During the demonstration the agent used pressing equipment. This served to show how it is used and why it is used in tailoring wool garments.

Tailoring equipment on hand

tailor's ham	wool and cotton press cloth
sleeve cushion	press mit
clapper board	steam iron
seam roll	

At Young, Arizona where there is no electricity the demonstration proceeded at a slower pace. The machine was a treadle and the irons were "sad".

The Mexican - American homemakers of San Pedro who go a little slower because of language difficulties were so pleased with learning how to put in a zipper. They also appreciated learning how to regulate tensions, regulating tensions, regulating the length of stitches and how to change pressure on the presser foot.

Without a doubt these homemakers learn and want to learn because they do a lot of sewing at home.

Mrs. Vivian Hayes, Globe

"Have passed on many "short cuts", in the knowledge I have learned, to my daughter, neighbors and salesladies. I know each knowledge has been appreciated, thanks to our extension worker and demonstrators from the University of Arizona.

Mrs. Jennie Jenkins, Globe

"I made an evening gown and put in interlining by the method we were shown at the last demonstration. I opened and steam pressed the seams of the bodice of the gown by using a rolled towel for a ham. Am planning to make a set of hams for my sewing equipment".

Mrs. Blanche N. Peach, Globe

"The lesson in cleaning and adjusting the sewing machines was wonderful. I get along much better with my sewing than I did before I belonged to a homemakers club. One very useful thing was learning how to put a waist band on a skirt".

Not signed

"Correct clothes for my size and shape".

Not signed

"Taught my teenage daughter how to sew."

One hundred questionnaires were sent out. Forty-five homemakers answered. Here are the results.

CLOTHING - Have you tried:	Yes
hemming on machine without special attachment?	28
to make belts for dresses?	24
to cover belt buckles (wire aluminum ones)?	20
to make a tailoring hem?	15

Do you find it useful:	Yes
to use a wool and cotton press cloth where pressing wool?	32
to regulate the tension on your machine?	32
to darn or mend on the machine?	29
Have you tried to show someone else how to do any of the above?	24

Food and Nutrition

Breadmaking and Pressure Saucepan meals.

Homemakers reported on projects which took place before July 1956. Some expressed themselves by making these remarks.

Mrs. McBride

"I think the lesson on food has been my biggest help. I bought myself a pressure saucepan and have used it about every day. Most on meats! Have made bread since May 1. I sure have. And enjoyed making bread now. I make more rolls now. My children like to help me make "lucky clovers", clover leaf, crescents with whole wheat roll dough. We love the French bread and we make a lot of coffee cakes.

Mrs. Jennie Jenkins

"Have learned to clean better the pressure saucepan. Have taught 4 teenage girls how to make bread and rolls.

Summary of work done in first half of 1956.

FOODS -

Do you use the pressure saucepan more often than before the demonstration?	26
Do you prepare meat or fowl in the pressure pan?	33
Have you made bread since May 1956?	32
Do you make rolls more often than bread?	30
How about coffee cakes?	16
Have you helped someone else learn how to make bread?	23

PINAL COUNTY

Food and Nutrition

Broiler Meals

Twenty local leaders attended two leaders training meetings in Pinal County.

The purpose of the meeting: To show homemakers how easy it is to use the broiler section of a range.

Aim: To help homemakers become aware of the ease and desirability of using the broiler, thereby using it more often.

The demonstration was prefaced by a discussion of meats. Tender meat seems to be the one food which is universally accepted for broiling. Tender cuts are for broiling. The main purpose of this demonstration was to learn how to broil other foods. Four different foods were included in this training workshop. Chopped beef, fryers, (cut up), liver (baby beef or calves) and ham slices were broiled. Accompanying foods were prepared so that we had vegetables and desserts.

Chopped beef was selected because ground meat generally makes up a large portion of the frozen meat supply on a ranch or farm home. A homemaker is interested in learning new methods of serving chopped meat.

Liver was chosen because broiled liver is very delectable. Only a few if any homemakers broil liver. If it is served it is generally fried.

Frying size chicken was chosen because it offers another method of serving fryers. Ham slices (1" thick and precooked variety) was chosen because it is delicious and easy to prepare.

We discussed broiling as a desirable method for preparing foods. It is desirable because it requires less attention than does frying or pan broiling. It is more uniform in tenderness and appearance, lends itself to entire meals prepared in the oven.

There were two ovens at each training center. The leaders were able to prepare and serve for lunch four different menus. The only top of stove preparation was the rendering of bacon used to flavor string beans.

1. Salisbury steak - broiled tomatoes on the rack
Whole kernel corn canned (placed under broiling rack)
Baked pears (in the oven)

2. Chicken (marinated) in the rack
Precooked potatoes sliced and frozen mixed vegetables under the rack. An aluminum foil nest was made to fit $\frac{1}{2}$ of the broiler pan. This nest was for the potatoes. The other half of the pan was for the vegetables.
3. Liver was cut into serving pieces and broiled. No other food shared the broiling pan.
Buttered precooked rice was prepared in the oven.
4. Ham (honey and orange glaze) on the rack
Sweet potatoes - either on the rack or under the ham
String beans (canned) were prepared in the oven. Bacon was rendered on top of stove to flavor the beans.

Other foods prepared were cabbage slaw, garlic whole wheat bread and tropical freeze. For the Coolidge meeting the freeze was prepared the previous night and stored in the freezing compartment. This made a better product than the freeze at the Mammoth meeting. There the agent demonstrated how to prepare it before the broiler lesson started. Mrs. Barbon stored it in her freezer. It was good except that it had not hardened enough in the $1\frac{1}{2}$ hours. The agent was fortunate in getting unsliced whole wheat bread at a local bakery in Coolidge. This was garlicked, toasted and served to accompany the broiled food.

Local leaders prepared all the food during the workshop except for the freeze.

During the discussion and evaluation periods leaders shared their experiences or inexperience with the agent. Here are some of them.

<u>Why broilers are not used</u>	<u>How can we overcome them</u>
1. Not used because the broiler pan is large, awkward to handle and hard to clean.	1. Use another pan with a rack, one that is not so big. (Agent had along 4 examples. These were used during the lesson)
	2. Start cleaning the pan before the meal starts. Soap and water with a little ammonia will do the cleaning job while the food is being devoured.
2. Only tender cuts which are expensive are desirable for broiling.	1. Chuck steak 1" thick, top sirloin steak in the Choice grade of beef can be broiled. A young home-maker present substantiated this.

Why broilers are not used

How can we overcome them

- | | |
|--|--|
| <p>3. Broiling smokes up the house.</p> <p>4. Never had learned how:
Coolidge - 4 out of 10 had
Mammoth - 4 out of 8 had</p> | <p>2. Good grade of beef in similar cuts can be used if tenderized.</p> <p>1. Broil at 350° (Liver 325°)</p> <p>2. Distance from the broiler is very important - 3" to 4"
a - depends on tenderness</p> <p>1. One important reason for having this subject in extension club programs.</p> <p>2. Women are encouraged to use the broiler. Stoves are expensive.</p> <p>3. Good food is associated with broiling. Members of the family should be enjoying such food.</p> <p>4. Less effort for Mother.</p> |
|--|--|

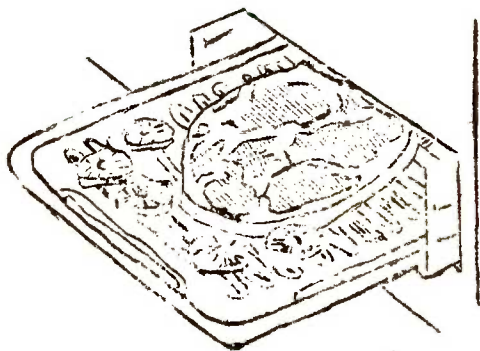
Reactions of the local leaders.

1. They liked the chicken and the chicken flavored potatoes and vegetables.
2. The liver was neither baby beef or calves so they did not actually have the opportunity to taste good broiled liver. What was broiled was good but not the best. There was none left.
3. They were glad to learn how to oven cook precooked rice and vegetables (both must be covered).
4. The tropical freeze was something new to most of them. They found it inexpensive.
5. These leaders had never heard of baked pears. They liked them. Several stated that they could be served as a garnish for ham.

After the evaluation session plans were made to extend the demonstrations at their local clubs. The leaders decided that because of limitations of space it would be better to show how to broil two of the four prepared at the training meetings.

The agent has not had the opportunity of evaluating this project. The county does now have a home agent. No doubt Mrs. Leola LeRoy will include the results in her annual report.

BROILER MEALS



Prepared by
Madeline McConnico, Extension HDA-At-Large
Agricultural Extension Service, University of Arizona

COOPERATIVE EXTENSION WORK
IN
AGRICULTURE AND HOME ECONOMICS
State of Arizona

Casa Grande

University of Arizona	Agri. Extension Service
College of Agriculture	Home Demonstration Work
U. S. Department of Agri.	County Agent Work
and Pinal County Cooperating	4-H Club Work

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Prepared by
Madeline McConnico, Extension HDA-At-Large
Agricultural Extension Service
University of Arizona

BROILER MEALS

This demonstration has been planned to help homemakers become more aware of the broiler section of her stove. The broiler is an important part of it. In some stoves it commands so much respect that it occupies a space all its own. This serves to emphasize its importance and usefulness. If the broiler has not been used often nor used at all one could say that there is dead space in the kitchen which is quite expensive.

How useful the broiler can be is the purpose of this demonstration. Members of a family who have not enjoyed broiled food may need to learn to eat it. It has a flavor all its own.

- Why use the broiler?
1. Saves time
 2. Takes less effort
 3. Food tastes good
 4. Food is appealing

Meat is not the only food that can be broiled. However, it does play an important role in the American diet patterns. Most anyone can have a delectable broiler meal with choice T-bone and sirloin steaks or other tender cuts. It would be difficult to ruin such cuts. There are other foods of the high protein family which will be prepared during this demonstration. Broiled vegetables will also be a part of it.

Meat of all grades play such an important role in the food pattern. It is well to review or recall some of the factors governing meat.

Important Questions and Answers Regarding Meat:

1. Does freezing alter the nutritive value?

Answer: No, but losses do result if drip from the thawed meat is not used.

2. Does meat lose nutritive values by cooking or storage?

Answer: Yes, some.

- a. It loses water through evaporation.
- b. Fat, mineral matter, B Vitamins, and protein in the drippings. Heat causes some destruction of the B Vitamin (thiamine) long cooking such as braising causes greater loss than short time cooking. However under usual conditions loss of nutritive value is no cause for concern.

3. Do more expensive cuts give more nutritive value?

Answer: No, except that higher grade has more meat in proportion to the bone.

4. What is meant by grades of meat?

Answer: Carcasses are examined by experienced graders who look for:

- 1. wholesomeness
- 2. appearance
- 3. composition
- 4. tenderness
- 5. flavor
- 6. juiciness (and nutritive value)

The U. S. stamp is put on by a roller, the entire length of carcass. Meat which more nearly fulfills the requirements named above is marked according to the grade it most nearly represents.

Prime - young, well fed animal - firm fine texture - liberal marbeling.

Choice - less fat than prime - high eating quality - we see this more often in local markets.

Good - Lean - not as juicy as choice but tender.

Standard - younger animal (was in commercial class)

Commercial - from older animals - moderately tender - no juice - thin covering of fat and no marbeling - coarse grain.

Utility - older animals - lacks tenderness - no juice - coarse grain. Generally used for canned meats.

5. How can we tell that meat has been government inspected for wholesomeness?

Answer: Cuts are marked with this stamp
"38" is the code number for the packing house.

6. Exactly how carefully is the carcass examined before the "stamp" is put on?

Answer: A trained government inspector inspects the animal before it is slaughtered. After slaughtering the glands, viscera and carcass are examined. An unhealthy animal is condemned. The inspection, by the way, is also made of the sanitary conditions of the processing plant.

7. Is all meat that is sold inspected in this manner?

Answer: NO. Only that which is involved in inter-state trade.

8. Are there other inspection laws?

Answer: Yes. In our state; for instance, Tucson, Pima County and Phoenix, Maricopa County, are the only cities in Arizona with strict inspection laws. Some states have state laws. Ours does not.

9. What is meant by aging?

Answer: Aging describes a process where beef is held under controlled temperature and humidity for a certain period of time. Some changes occur which tenderizes the beef and changes the flavor somewhat. Aged beef costs more.

Using the Broiler

To broil means to cook by direct heat or on a grill.

broiling may be done

1. over hot coals
2. under gas flame
3. under electric unit

Temperatures for broiling need not be high as it was once thought, but should be moderately low for these reasons:

1. The meat will be uniformly cooked throughout.
 2. There will be less shrinkage.
 3. There will be higher percent of edible meat.
 4. The meat will be tender.
 5. The appearance will be attractive.
 6. No charring of bone or fat.
 7. Less smoking
 8. Need less attention while cooking. Best results are obtained if the temperature at the top of meat = 350°. If it cannot be regulated as in some electric ovens the broiler pan may be lowered farther away from the heat.
- Salt one side when it is ready to be turned - not before browning because salt tends to draw juices.

Time: Depends on

1. Thickness of cut and surfaced area. The larger surface taking longer time.
2. Broiling temperature.
3. Degree of doneness desired (rare - brown outside - rose red throughout, medium rare - Pink inside, well done - no pink visible).

Meat for broiling is more tender than other cuts of meat, and generally more expensive.

It is recommended that beef be cooked with low heat and just long enough to suit family tastes. Low heat tends to cook meat evenly and minimize shrinkage. The more thoroughly beef is cooked, the greater will be the SHRINKAGE AND LOSS OF NUTRIENTS:

Tender cuts may be broiled, pan-fried or roasted.

For broiling: A constant, moderate temperature is used. In broiling under direct heat the temperature can be adjusted by temperature of broiler oven or the distance between meat and heat.

Generally the distance is 4" to 6" depending on thickness of cut of meat.

Pan broiling: A heavy skillet is used. The fat poured off as it accumulates. Salt should be added after browning because it draws out juices and there is much meat surface exposed.

Other meats which can be broiled:

Ground beef patties and calf liver

Lamb: chops - leg steaks - ground lamb patties

Pork: ham slices - bacon - (well rendered) - sausage (well done always)

Fowl: young chicken - 2 to 2½ pounders

Fish: halibut steaks, salmon steaks, etc.

NOTE:

A broiler pan can be as easy to wash as a frying pan. Small broiler pans and grills are available at little cost.

A cake rack placed in a baking pan may be used as a broiler pan.

M E N U #1

Choice of:

Salisbury Steak (1" thick)
Club Steak

Broiled fresh tomatoes Whole Kernel Corn
Cole Slaw Plain Muffins (favorite recipe)

Baked Apple

Salisbury Steak

1 pound chopped beef
1 tsp. salt - $\frac{1}{4}$ tsp. pepper
2 tbsp. oleomargarine or butter
Fresh bread crumbs or wheat germ
 $\frac{1}{2}$ cup milk, whole canned milk or powdered milk

Preheat oven to 350°. Mix beef with seasoning and milk. Form into individual steaks or 1 big steak. Butter both sides of pattie or steak. Coat lightly with crumbs and broil 6 to 8 minutes on each side. Turn once. For pan broiling turn often. Pour off liquid as it collects.

To serve: Place on platter. Pour over it, natural gravy made by adding $\frac{1}{4}$ cup boiling water to the drippings. Garnish with vegetables which may be placed under the broiler pan while steak is being prepared. See below.

Cole Slaw
1 pound cabbage - Dressing made with: $\frac{1}{2}$ cup whole canned milk
2 tbsp. vinegar or lemon juice
 $\frac{1}{2}$ tsp. salt
Shred cabbage fine and mix with dressing
Toss lightly.

Baked Apple or Pear Halves with Honey

6 apples cut in two

Directions:

Remove the core; Place in baking pan cut side down. Allow 1 tbsp. honey and 1 tsp. butter for each $\frac{1}{2}$ apple. Add 1 cup water. Sprinkle with a little cinnamon and nutmeg. Place in oven and bake while meat is broiling. About 5 minutes before serving turn apples over and baste with honey sauce. Canned quartered apples may be treated in same manner.

M E N U #2

Calves liver or baby beef liver
($\frac{3}{4}$ " thick)

Buttered rice (oven cooked)

Canned string beans and bacon

Sliced tomatoes or tomato aspic on
shredded lettuce bed

Oven toasted buttered bread

Lemon Ice Cream

Preheat broiler oven to 350°. Cut off membranes. Butter both sides of liver. Broil one side 10 to 12 minutes depending on tenderness. Calves liver requires less time. Turn and broil on other side 8 to 10 minutes. Salt and pepper before serving.

Oven Dinner Rice

1 $\frac{1}{3}$ cups precooked rice

1 tsp. salt

1 $\frac{1}{2}$ cups cold water

2 tbsp. butter

Start heating oven to 325° F. In one quart casserole combine all ingredients. Bake covered 30 minutes. Before serving mix lightly with fork, Serves 4.

Beans and Bacon

Cut into very fine pieces 4 slices bacon
Render - Onion may be added
Pour into baking dish 1 can string beans
Pour over that the rendered bacon and bacon
fat,
Cover and bake while liver is being broiled.

Tropical Freeze (Lemon Ice Cream)

1 large can undiluted milk $\frac{1}{2}$ cup sugar
2 tbsp. lemon juice 1-6 oz. can fresh-
 frozen lemonade

Chill* can of undiluted milk in refrigerator tray
until soft crystals form on edge of tray (25 - 30 Min-
utes). Whip until stiff. Add lemon juice. Whip
very stiff. Add sugar and softened frozen lemonade.
Whip again until stiff. Freeze in refrigerator trays
until firm. About 2 hours.

Unopened can of milk left in refrigerator over-
night can be used. It will be properly chilled.

Variation:

Use $\frac{1}{4}$ cup lemon juice and 1 - 6 can of fresh-
frozen orange juice or grape concentrate.

* Store canned milk in refrigerator the night
before to chill it thoroughly. (Or, it can be chilled
by putting it in an ice tray and chilled just before
using it.

Chill the bowl and beater by rinsing them in
refrigerated cold water.

Pour the chilled milk in a chilled bowl and whip
until it is beginning to have peaks. Whip in the
lemon juice and sugar. Add the lemonade and whip until
it forms peaks. Pour into ice trays. Set the refrig-
erator to freezing and allow to harden. Takes 2 to 3
hours. Delicious served alone or with angle food cake.
Non-fattening.

M E N U # 3

Broiled Chicken with butter or barbecue sauce
Sliced Pan boiled potatoes with peas and corn
under broiler

Broiled tomatoes

Cesar Salad

Garlic bread

Baked pear halves with honey

Broiled Chicken

Preheat broiler oven to 350°. Chicken may be broiled in halves or quarters. (One can also broil it cut up in good sized pieces.) Melt butter and brush on pieces. Barbecue sauce may be used. Place on broiler pan skin side down. Broil at 350° for 10 to 12 minutes on one side, 3 or 4 inches from flame. Baste with drippings or barbecue sauce if necessary. Salt and pepper when ready to serve.

Barbecue Sauce

$\frac{1}{4}$ cup salad oil	$\frac{1}{2}$ tsp. celery salt
$\frac{1}{2}$ cup wine vinegar or lemon juice	$\frac{1}{2}$ tsp. pepper
$\frac{1}{2}$ tsp. garlic salt or powder	$\frac{1}{4}$ tsp. each of
1 grated onion	dried thyme, rose-
$\frac{1}{2}$ tsp. salt	mary, marjoram

Mix all ingredients, refrigerate several hours. Use as baster when broiling or grilling chicken. (Even more delicious when poured over chicken or veal, then refrigerate three hours before cooking. Makes $\frac{3}{4}$ cup.

Potatoes and Peas

Slice par-boiled potatoes thin, place on broiler pan under grill. Add the thawed peas and corn or canned peas and corn. These will be ready to serve when chicken is ready. Salt and pepper.

Broiled Tomatoes

3 medium tomatoes	salt to taste
3/4 tsp. prepared mustard	3 tbsp. buttered
1 tbsp. minced onion	fresh bread crumbs
1 1/2 tsp. Worcestershire sauce	

Start heating oven at 375°F. Wash tomatoes, cut out stem ends, then halve crosswise. Arrange with cut side up on broiler rack. Spread with prepared mustard. Top with minced onions with Worcestershire sauce. Sprinkle with salt and then with crumbs. Broil without turning, 15 minutes or until nicely browned. Note: When served with broiled meat, tomatoes are placed around the meat when it is turned over to cook on the other side. Remember it takes 15 minutes to broil them.

Baked Pears or Apples with Honey

Cut pears into halves. Core, place cut side down in baking dish. Allow 1 tsp. oleomargarine for each 1/2 pear and 1 tbsp. honey for each 1/2 pear. For each 1/2 pear allow 1 tsp. butter, 3 tbsp. honey and 2 tbsp. water. Insert 3 or 4 whole cloves into skin side of pear. Place in pre-heated oven and allow them to cook while broiling or until done. Five minutes before serving, turn, baste with sauce and allow to brown slightly. Serve hot.

Garlic Bread

Prepare garlic butter by adding enough garlic to taste to 1/4 lb. of oleomargarine, melted. Slice a loaf of French bread or homemade bread of any kind. Do not cut the slices clear through to the bottom. Open between slices and brush with garlic butter. Reclose the slices. Wrap in brown paper or in foil. Place in oven during last half of the broiling processes.

M E N U # 4

Broiled Hamburger
Oven browned potatoes (pre-cooked)
Sliced Tomatoes and other relishes
Buns (heated) Peach Cobbler

Hamburgers with Cheese

1½ lbs. ground beef
3 tbsp. chopped onions
¼ cup wheat germ (optional)
1½ teaspoon salt
¼ teaspoon pepper
1 egg

Combine beef, onions, wheat germ, salt and pepper and slightly beaten egg. Form into patties. Makes 6. Place on broiler rack and brush with butter or barbecue sauce and cook 10 minutes on one side (350°). Turn once, brush the other side with butter or sauce. Serve on heated buns cut open.

Variation: Broiled hamburger with cheese. When nearly ready to serve the hamburger, place a slice of your favorite mild cheese such as cheddar or American on each patty. Return to the oven and cut off heat. Leave in oven long enough to melt cheese.

Oven Browned Potatoes (pre-cooked)

Quarter 3 or 4 medium sized pre-cooked (boiled) potatoes. Butter thoroughly, salt and pepper. Place in baking pan. Pour ¼ cup water in bottom of pan. Bake until brown during broiling time for hamburgers.

Peach Cobbler

4 cups peeled sliced peaches	1 cup biscuit mix
½ tsp. salt	2 tbsp. sugar
1 tbsp. flour or corn starch	½ cup milk or water
½ cup light corn syrup or honey	1½ tsp. sugar

Heat oven to 425°F. In 1½ quart casserole, toss peaches with salt, flour, syrup. Mix biscuit mix with 2 tbsp. sugar and milk. Pour over peaches, top with 1½ tsp. sugar. Bake uncovered, 40 minutes or until golden brown and tender. Makes 8 servings.

• M E N U #5

Glazed Ham with Yams

Corn and Lima beans under broiler

$\frac{1}{4}$ head lettuce with cottage cheese dressing

Watermelon

Glazed Ham with Yams

3 cups cooked whole kernel corn and lima beans
mixed.

$\frac{1}{4}$ cup honey

- 2 tbsp. orange juice

1½ lb. slice of ham, cut 1" thick

6 yams, pre-cooked or baked with skins on.

Preheat oven at 325°. Season corn and beans, spread out in broiler pan. Mix honey and orange juice. Brush on one side of ham. Using $\frac{1}{2}$ of the glaze mixture. Put ham glaze side up, on broiler rack, and place over corn and beans. Slice top from cooked yams. Ruffle with fork tines. Season and dot with butter. Set broiler pan 4 inches from heat. Broil 12 minutes. Add yams when ham slice is turned. Turn ham slice, brush with remaining glaze. Broil 8 minutes longer. Serves 6.

Cottage Cheese Dressing

$\frac{1}{2}$ cup cottage cheese

$\frac{1}{2}$ tsp. salt

$\frac{1}{2}$ cup water

dash paprika

$1\frac{1}{2}$ cup lemon juice

1/3 cup dried milk

1 tbsp. honey or sugar

1 tbsp. each minced onions, olives, celery,

pickles

Add dried milk to cottage cheese. Mix well, add water and other ingredients. Beat together until smooth.

LEADERS GUIDE

As a leader I shall try to help five or more mothers and homemakers to learn how to use their broiler not only more often but to bring their attention to different foods which can be broiled. Of course I can always tell them about how we did it at leaders training meeting but that would not do justice to them. We learned by doing, so I shall help my five friends to learn by doing also. I will be their teacher. We will not try to demonstrate the entire lesson during one meeting. There is not enough time, therefore we will choose any two recipes and prepare them as one demonstration at the regular meeting of the extension club, the relief society meeting or neighbors, and then plan for another demonstration. Before I present the demonstration to them I shall try to prepare the meat at home. Practice makes perfect.

other foods
difficulties the first time
overcoming these difficulties
successes

COUNTY FAIRS

Greenlee County Fair

The agent judged at the Greenlee County Fair. She judged the open class division for household articles and clothing and the 4-H Club division.

It was a good fair. Miss Mildred Eaton, Home Agent, was not present because of other important commitments. The homemakers did a fine job of carrying on the business of the fair.

Yavapai County Fair

The agent judged 4-H Foods, Clothing and Home Furnishings Articles.

It was a good fair. Local leaders were cooperative and assumed the responsibilities involved. The judging was not done according to the Danish System. Only a few were rewarded for participating in the fair. Generally speaking when there were many entries to a class the 1st, 2nd and 3rd were actually in the 1st division. All others remained unrated and unsung.

Personal opinion: There is not as much training value to a one, two, three system as there is to the Danish System. The Yavapai girls do not know at all how well or how poorly they rated on the things they entered, except for the first three.

Cochise County Fair

The agent judged the open class clothing, household articles, canning and 4-H Club articles. It was necessary to work from 10: AM to 6:30 PM with one break only and thirty minutes for lunch. The agent did not mind it so much for herself because judging does take time. The bad feature of this experience was that the local leaders who were taking care of the departments were trapped. Judging started with home arts and clothing at 10:AM lasting through 3:15PM with $\frac{1}{2}$ hour for lunch. The local leaders at the canning department who came thinking they too would be through by 3:30PM were still waiting for judging to start. Waiting is one of the hardest things human beings do. These women were very gracious but soon they were sending messages home to their families in the valley. They were going to be late getting home. Husbands and children don't always understand. There will be a fair in 1957. These leaders may remember the long wait from 10:AM to 3:30PM to get started.

The 4-H Club leader in charge of that department waited until 5:30PM. What about her family? The three men who judged in the agricultural department were through at 3:30PM. The fair opened at 5:PM. The agent and Mrs. Gaskill finally joined the three men at 7:PM.

I recommend another judge to go along next time.

It could be a local judge. There are home economics graduates in Cochise County. Some are University of Arizona graduates and glad to help in a community project such as a county fair.

STATISTICAL SUMMARY

July 1 to November 30, 1956

Work Schedule

July 1 - 16	12 days
Aug. 16 - 31	14 days
Sept. 12 - 30	16 days
Oct. 15 - 31 (Oct. 1-4)	18 days
Nov. 1 - 15	<u>13 days</u>
Total	73

	ADULT		4-H	
	Office	Field	Office	Field
July	2		4	6
Aug.	12		2	
Sept.	5	8		3
Oct.	7	5	2	3
Nov.	2	4	2	5
Total	28	17	10	17

STATISTICAL SUMMARY FOR PERIOD - JULY 1 to NOVEMBER 30, 1956

(On the basis of 2 weeks work each month)

COUNTY	MONTH	No. of days		No. of days		ADULT		ADULTS		No. Att.	
		ADULT	Office Field	4 - H	Field	Training Meeting Local Leaders	No. of	Meeting by Local Leaders	All other Agents Meeting		
GILA	SEPT.	1	4					5	98		
	OCT.	1	4					5	86		
	NOV.	1	4					6	83		
YAVAPAI	SEPT.			2						1 1000	
COCHISE	SEPT.		1					1	100		
PINAL	SEPT.	1	2			2	21	21			
MARICOPA	SEPT.			1						1 35	
	OCT.			2	3					1	
	NOV.			2	5					1	
	OCT.		2							1 50	
OTHER ACTIVITIES											
	JULY	2		4	6					1 225	
	AUG.	12		2							
	SEPT.	3	1								
	OCT.	6									
	NOV.	1									
Total		28	18	10	17	2	21	21	17	367	6 1310